

# What data do you track?

March 11, 2019 | 9 upvotes | by [Suck-Less](#)

---

I'm 51M and my wife is 50F, we have been married for 20 years. For a decade I was in a dead bedroom situation and turned that around via TRP. To keep track of how my wife sees me consciously and subconsciously, there are a number of things that I track in a spreadsheet.

1. When we have sex, what time and who initiated
2. What point in her menstruation cycle she is in.
3. If I initiated did I need much game/for play, or was is "get your ass over here and service me"
4. Did I have any behavioral abnormalities? Was I a little bitch, did I fail a shit test/comfort test, was I on my mark? Was I getting shit done?
5. Techniques and language used while fucking.. what worked at what stage in her cycle.

I map this out with her cycle using the premise outlined in TRM: Preventative Maintenance. Menstruation through ovulation being the "bad boy" phase, post ovulation to just prior to menstruation being the comfort/sensitivity phase. So far that really seems to work for me.

I use the above to see if I have my shit together, in her eyes. I was wondering what data do other people track?

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

RStonePT • 27 points • 11 March, 2019 07:49 PM\*

deleted

thatboyjeff • 2 points • 15 March, 2019 11:30 AM

I'm not sure what funnier, the OP or all of these comments.

RStonePT • 2 points • 15 March, 2019 02:21 PM\*

deleted

SorcererKing • 17 points • 11 March, 2019 08:15 PM

A U T I S M I S R E A L

johneyapocalypse • 16 points • 11 March, 2019 06:37 PM

I track the following:

Revenues.

Earnings.

Performance.

Competitors' Performance.

Industry Trends.

Employee Sentiment.

Hours Allocated vs Hours Utilized.

Calories.

Macros.

Lifts.

I'm sure there are a few others but those are the main KPI's I track.

aherns • 4 points • 11 March, 2019 07:00 PM

So what are your SO lifts right now?

johneyapocalypse • 15 points • 11 March, 2019 07:02 PM

I only track OP's SO's lifts.

[deleted] • 3 points • 11 March, 2019 10:08 PM

oof

BarracudaRP • 12 points • 11 March, 2019 06:48 PM

If this is a troll, it's brilliant.

I track tons of stuff. I track every workout, and special notes about each movement. I use a journal to track my goals, monitor my progress and look back on how I've developed. In my head, I track my overall happiness level

and if I'm keeping my ego in check. Many men (myself included) have used the OYS threads to track their progress in SMV/career/frame etc and keep themselves accountable.

Noticing a trend?

Suck-Less[S] • 2 points • 11 March, 2019 06:58 PM

Tracking actionable results so I can identify what works and what doesn't, is my intent. I have a whole other set of data around working out. What's the OYS thread? I'm fairly new to reddit.

JudgeDoom69 • 2 points • 12 March, 2019 01:40 PM

u/Suck-Less OYS stands for "Own Your Shit". Every Tuesday on the main MRP subreddit there is a thread called Own Your Shit Weekly. In the comments you post the progress of your Male Action Plan (fitness, social, financial, etc.). The feedback on your OYS is the best value in MRP.

If you had read the sidebar, you would know this.

As far as data tracking goes, I did the same type of thing when I was balls-deep blue pill. The problem is you are totally in your wife's frame. Worry about yourself and the rest will fall in line naturally, or it won't. But either way all you ever have control over is your own progress.

The folks on here will give you tough love, so you need a thick skin. They will call you out and make you look at yourself. If you want to be coddled you're in the wrong place. The fact that they took the time to comment on your thread is constructive, even if the language is harsh.

Your responses come across like a whiny-ass little pussy.

Suck-Less[S] • 1 point • 12 March, 2019 08:48 PM

No sidebar on my app, I'll check via a browser.

JudgeDoom69 • 2 points • 12 March, 2019 09:27 PM

If you are on mobile, click on the three little dots on the upper right hand corner of the subReddit. Then choose "community info"

It does work better from a web browser though.

Suck-Less[S] • 3 points • 12 March, 2019 11:08 PM

Got it, filling up the ebook cart. Thanks.

resolutions316 • 14 points • 11 March, 2019 07:05 PM

Everyone is shitting on you because everything you track is about YOUR WIFE.

This shit isn't about your wife. Your wife is not a thermometer that tells you how hot it is.

Check my post history - I've been through this multiple times. I've posted recently about what I track and why.

TL,DR: track leading indicators that are about you getting better, not lagging indicators about your wife's reaction to you.

Suck-Less[S] • 3 points • 11 March, 2019 07:17 PM

I learned a long dam time ago if you want something in life: define the goal, set and define benchmarks and track progress. This applies to everything. It doesn't matter if it's sex life, career, or just personal interest and achievements. I'll take a look at your history, and see if I find anything useful to me. Thanks.

cholomite • 6 points • 11 March, 2019 09:05 PM

The problem is that women are living paradoxes, and don't operate with logic or reason. They live in emotion, and spreadsheets and data are the opposite of emotion.

In fact, being the kind of guy who takes time tracking this stuff instead of just being naturally awesome already puts you behind the curve.

entrep4 • 1 point • 11 March, 2019 09:57 PM

OP is not saying that they operate with logic or reason though. He's performing experiments and recording the results. That's just being scientific. That's the kind of facts that the entirety of TRP is meant to be based upon - Looking at women's actions instead of their words. You can track emotions perfectly fine with numbers and spreadsheets. Women still respond in a predictable way to things emotionally even if it's not a logical way.

I don't see anything wrong with him doing this kind of stuff. He'll probably just uncover the same truths taught by TRP anyway. It is good for him to validate the knowledge with experience, as he's doing.

cholomite • 0 points • 11 March, 2019 10:12 PM

It all depends on what the variables are, and the kind of variables that actually get results can't really be tracked.

"I smacked her right ass cheek and I got a bj" "I smacked her left ass cheek and only got a handjob"

I would love to know the exact kind of data OP is actually tracking. How does one quantify maintaining frame?

MrChad\_Thundercock • 5 points • 11 March, 2019 10:37 PM\*

You can't. But I get it, he came from a fucking decade in a deadbedroom. Fuck. He liked the initial changes and started tracking it.

But he's still in first grade and focusing on the wrong shit. Time to level up and let that shit go. Still has a lot to learn.

OP is missing the forest through the trees.

Suck-Less[S] • 1 point • 11 March, 2019 11:02 PM\*

The initiated and time is easy. The rest was very subjective. Either case I trashed it. As many pointed out there are serious issues with tracking things like this.

At this point, she is taking care of what I need, and I'm still reading and experimenting. Shit tests have really dropped off, sex is where I want it, and I'm making an active effort to learn more.

I tracked things to see what worked, and what didn't. How much dread to apply, etc. it actually was very useful but as pointed out: there are issues keeping that kind of data.

cholomite • 2 points • 11 March, 2019 11:22 PM

I'll keep it simple, women have sex when they are turned on, and with a guy they find attractive. Time, place, and anything else doesn't matter as long as you get those two things right, the rest won't matter.

You don't need to track data and other shit to make yourself into a more attractive and charming person, just be funny and confident and wear a good looking shirt.

RStonePT • 1 point • 15 March, 2019 02:23 PM\*

deleted

Maximus\_Valerius • 13 points • 11 March, 2019 08:53 PM

I track all those same metrics. However, because I'm now the Captain, I've delegated the tracking and reporting functions to my wife (aka The Home Officer of Technology or "THOT"). As a female, RP teaches that she's better at predictive analytics and data modeling than I am. As a male, I'm better at data visualization and collating unstructured data. I created a smart phone app that gives me real-time remote user access to the cloud, so I can verify her progress while at work. We review her periodic reports just before our scheduled once-weekly sex time. Needless to say, it turns her panties into a virtual "data lake."

johneyapocalypse • 3 points • 11 March, 2019 09:28 PM

Virtual "data lake," lol, I like that.

weakandsensitive • 3 points • 11 March, 2019 09:49 PM

Lol. Anyone that tells you they have a data lake is lying. It's usually more like a data swamp. And it's a high probability that it hasn't been cleaned up in years.

MrChad\_Thundercock • 2 points • 11 March, 2019 10:03 PM

Drain the swamp..

red-sfpplus • 2 points • 12 March, 2019 08:48 PM

Not before you drain my balls

RStonePT • 1 point • 15 March, 2019 02:22 PM\*

deleted

RStonePT • 2 points • 15 March, 2019 02:23 PM\*

deleted

becoming\_alpha • 3 points • 11 March, 2019 10:34 PM

Needless to say, it turns her panties into a virtual "data lake."

Slow clap. That's next level nerdy cringe.

BobbyPeru • 16 points • 11 March, 2019 08:11 PM

I track how many gay spreadsheet posts there are

InChargeMan • 1 point • 12 March, 2019 02:01 PM

What are we up to?

FWIW I track one binary data point, if my balls need to be drained.

Cloudy\_Pirate • 6 points • 11 March, 2019 07:27 PM

Nice job. You have the Dancing Monkey Routine down to a measurable science.

How my wife views me matters to me almost as much as how I see myself.

I use the above to see if I have my shit together, in **her eyes**

[https://www.reddit.com/r/marriedredpill/comments/74yepr/the\\_dancing\\_monkey\\_attraction\\_improvement/](https://www.reddit.com/r/marriedredpill/comments/74yepr/the_dancing_monkey_attraction_improvement/)

<https://www.rooshv.com/men-are-nothing-more-than-clowns-to-the-modern-woman>

SteelToeShitKicker • 6 points • 11 March, 2019 09:28 PM

I can see how you might want to do this. I also have my own autistic tendencies. However, it's counterproductive. It puts your focus on your wife, when your focus needs to be you. Here's what you need to track:

Are you happy with your relationship?

If yes, great. If no, you either need to 1) work on yourself more or 2) find a new woman. Or both. That's really the extent of how much you should be thinking about this.

Suck-Less[S] • 3 points • 11 March, 2019 09:38 PM

Now that I've made a good amount of adjustments, and her too, yes. Quite happy. Intelligent point though, thanks.

RStonePT • 1 point • 15 March, 2019 02:24 PM\*

deleted

weakandsensitive • 4 points • 11 March, 2019 07:47 PM

Fuck me I'm so moist right now.

[deleted] • 5 points • 11 March, 2019 10:10 PM

"fuck yeah lets tick another box in my spreadsheet baby"

MrChad\_Thundercock • 11 points • 11 March, 2019 06:53 PM\*

I track how many times your wife sucks my dick.

Does Chad need a spreadsheet?

You really need to grow out of this man. You're 51.

You are the Prize. Not her.

dcon\_snacks • 1 point • 11 March, 2019 09:46 PM

Seriously!

This is one of the most pathetic things I've seen. The fact he is tracking is proof of his deep insecurities. He needs to let that shit go and live in the moment.

framelessglasses • 4 points • 11 March, 2019 07:30 PM

Please write another FR when you present your findings to your wife.

If your wife wants to write an FR about it, we might even make an exception for her.

ChokingDownRP • 7 points • 11 March, 2019 08:49 PM

This is absolutely ridiculous OP.

When I started MRP, I tracked her cycle and # of times we had sex. After 3-4 months, I had learned all I needed to know and scrapped following it.

A few questions about your spreadsheet:

1. Don't you have better shit to do?
2. If she discovers that you are tracking all of this, how desperate and pathetic will you look-being so preoccupied with her vagina?

If you're not trolling us, scrap the spreadsheet and re-allocate the time you save to reading the sidebar...you're clearly doing it wrong.

Suck-Less[S] • 2 points • 11 March, 2019 09:45 PM

This is probably the most constructive point I've read so far. Appreciated.

ChokingDownRP • 1 point • 12 March, 2019 01:07 AM

I'm glad you found it constructive, but honestly, you deserve everything else that got thrown at you in this thread. You obviously aren't a red pill man yet. It appears you've read little to none of the sidebar. You're operating in your wife's frame and seeking validation in a major way. You probably get mad at her when you do the things that have worked in the past but still don't get laid? That's a covert contract, my friend. Expecting that if you push UP, UP, DOWN, DOWN, LEFT, RIGHT, LEFT, RIGHT, B, A, START she will fuck is a major problem...fix it ASAP.

Everybody here posts harshly because they were in your shoes and they know you need a good old fashioned kick in the ass. Take that as kicking and do something constructive with it!

Suck-Less[S] • 0 points • 12 March, 2019 01:21 AM

If someone has something of value, critique or not, and can communicate like an adult, I have no issue listening. The rest just sound like internet alpha wannabes.

ChokingDownRP • 5 points • 12 March, 2019 01:53 AM

No doubt there's a lot of that here too, but most want to help you see why what you're doing is clearly not in line with red pill principles. I'm a highly analytical person myself, so my natural tendency was to track and measure...until I realized that my wife (AWALT) is not a logical creature...she reacts to emotions, feelings, her sister's feelings, the feelings of some TV character, you get the point. Pushing the right combination of buttons doesn't unlock the pussy, so it isn't worth tracking success vs failure and trying to attribute it to what you did or didn't do leading up to it.

That said, I benefited immensely early on by tracking and developing a basic understanding of my wife's cycle - her libido was highly cycle dependent. Now we have good, frequent sex....but sex is best when she's ovulating.

As I said in my first response, I felt like I had learned her patterns within about 3 months and stopped tracking. Now, I just focus on doing the things that make me happy and she seems to want to be a part of that. Honestly, I don't even concern myself in the rare event she turns me down for sex anymore...I know and she knows that if it were to become a pattern, I could be in some strange by the weekend. Besides, it's her loss. Until you have true outcome Independence (you don't have it based on what you're tracking and why), you're still needy and she smells it a

mile away!!!!!!!!!!

Suck-Less[S] • 2 points • 12 March, 2019 01:58 AM

I'll think about what you said. Thanks. That outcome independence doesn't come naturally to a person that is very goal and outcome oriented. Things to learn...

ChokingDownRP • 6 points • 12 March, 2019 02:15 AM\*

The problem with what you just said is that the outcome you're focused on is sex with your wife. The goal you might instead set is to be a man with a fulfilling sex life. If that's your goal, it doesn't matter if your wife turns you down... You can achieve your goal with or without her. You don't need to get butthurt when she turns you down, you will still have what you want... it just might not be with her. It's one thing to be outcome independent about one off sexual denials... It's better to achieve outcome Independence about your wife entirely. From the sound of your other posts, it seems you can't fathom things not working out with her. After a decade of dead bedroom, you owe it to yourself to consider that she may not be a special unicorn who completes you.

First sidebar reading for you should be "No More Mr. Nice Guy" by Robert Glover... changed my life

Good luck!

weakandsensitive • 5 points • 12 March, 2019 07:34 AM\*

Do you know why your wife won't fuck you? Because throughout this entire thread, you've demonstrated over and over and over again how you are the epitome of being an unattractive fucking nerd.

For example --

| can communicate like an adult, I have no issue listening.

Bitch please. How is it my fault that you're too much of a whiny bitch to parse context and understand meaning?

I would be more than willing to bet money that you have exactly zero understanding of subtext, subcommunication, non-verbal cues, or flirting. Fuck, I feel for your wife. Putting up with your analytical self (read as: boring and lame as fuck) must be the worst chore in the world.

"ugh.. fuck. he wants to have sex again. it's only been 3 months. fine, let's just take the 5 minutes and get this over with."

You are the guy who deserves to be cheated on because her life is probably as dry as the Sahara desert. Also, sidenote, your wife is probably seriously easy to arouse if you're the competition. Do you know how to excite a woman by just looking at her? I guarantee you don't.

Finally - since you a fucking nerd, what do you think you're actually tracking? Do you think what you're tracking is rational, predictable, and definable behavior? You'd think you'd know better than to assume human beings are rational creatures. Not only are you a nerd, you're a shitty nerd at that.

RStonePT • 1 point • 15 March, 2019 02:26 PM\*

deleted

[deleted] • 2 points • 12 March, 2019 04:00 PM\*

Agreed... scrap the spread sheet. You won't have to keep track of this stuff when you get where you need to be, because you will just know. This practice of a spread sheet really isn't necessary unless you are some sort of researcher writing a doctoral dissertation or a scientific article about human behavior, and you need the data to back your research for publication purposes.

Read all of Rollo Tomassi's books (Rational Male series). His research is gospel and the way he writes about it really hits home.

Keep going, but be red pill for you. If you are doing it for her, she will smell it as fake and it will hurt your relationship more. Be a man of value and she most likely will come along. Most women will not leave a high value and improving man.

coinbaserep • 1 point • 12 March, 2019 02:38 AM\*

same. Tracked her cycle after our second kid before I got a vasectomy. We weren't on birth control and tracked and used the pull out method combined with her ovulation schedule. Successfully did that for 2 years and also noticed a trend of how much much more sluttier she was willing to be during ovulation

But yeah op you need stop psychoanalyzing This

Track her period using the clue app also with the clue app you can check off her mood during the day and if you had sex

initiate often and track your success rates and mentally keep track of everything else

Just think how pathetic you would look when she finds your score card. Or anyone else for that matter

Track your own successes in the gym on a spreadsheet

redwall92 • 1 point • 12 March, 2019 01:03 PM

We weren't on birth control and tracked and used the pull out method combined with her ovulation schedule. Successfully did that for 2 years

You sir ... win the internet for the day. I did not know such unicorns existed.

coinbaserep • 1 point • 12 March, 2019 09:42 PM

Thanks. Pull out method takes a lot of skill and willpower

I don't recommend it. I just dngaf as she wanted a 3rd child and I Figured if it was meant to be it would happen. Second child took 6 years to conceive

either way by the 2 year mark I decided it was time to

Whiteliesmatter1 • 3 points • 11 March, 2019 11:59 PM

I track everything that is important to me. I keep professional diaries, workout diaries, sex diaries, and whatever else comes up for a period of time I Feel is worth documenting.

Some people find tracking sex is pathetic. Some people here are saying track the leading indicators, not the lagging indicators like sex. But if you don't track the sex how will you know if your leading indicators are working. I don't know about you but I can't remember what I ate and if I had sex or not a week in the future. If it helps you discover a relationship between what work you do and what results you see, do it. You are a big boy,

you can figure out what is worth tracking to you and what isn't worth it to you. Nobody else can answer that for you.

I bought a house recently, and I discovered that sex frequency cut I half after we moved in. Called my wife out on it. She tried to gaslight and said, no you are crazy we have just as much sex. I said no we don't because we track it. She said, "that's pathetic" I knew she would say that. I said, well I knew you would try to gaslight me when this happened, but that doesn't work when I track it, and I considered that you would find it pathetic and I still decided to track it because I track most things I care about improving. You can think it is pathetic if you want, but the point is, I am not satisfied with the amount of sex I am having. I am not angry or upset with you, I am just not prepared to live a life without a thriving sex life. If we don't get this sex life on track, I will get it elsewhere. I would rather have sex with you, but I am not at all prepared to have duty sex or infrequent sex. That isn't the life I want to live. Then she said, but all my friends don't have sex with their partners! And I said, I am not really interested in what kind of sex other people are having, I only know what I am willing to put up with and what I am not.

She understood. I wasn't whiny, I wasn't aggressive, I wasn't pleading, I didn't let her (predictable) tactics derail my message. Was it a sexy convo? Nope, and i didn't use it to negotiate sex either. I wasn't in the mood at the time. But i knew it had come to that point, and I wouldn't have known for sure it had gotten to that point. But if you don't have guiding boundaries, you end up being a boiling frog. Like my wife's friends are apparently.

But yes, tracking sex isn't sexy, and she will find it pathetic. But if you find it helpful, who cares what she thinks. Are you doing this for her, or are you doing it for yourself?

weakandsensitive • 2 points • 12 March, 2019 07:43 AM

I bought a house recently, and I discovered that sex frequency cut I half after we moved in. Called my wife out on it. She tried to gaslight and said, no you are crazy we have just as much sex. I said no we don't because we track it. She said, "that's pathetic" I knew she would say that. I said, well I knew you would try to gaslight me when this happened, but that doesn't work when I track it, and I considered that you would find it pathetic and I still decided to track it because I track most things I care about improving. You can think it is pathetic if you want, but the point is, I am not satisfied with the amount of sex I am having. I am not angry or upset with you, I am just not prepared to live a life without a thriving sex life. If we don't get this sex life on track, I will get it elsewhere. I would rather have sex with you, but I am not at all prepared to have duty sex or infrequent sex. That isn't the life I want to live. Then she said, but all my friends don't have sex with their partners! And I said, I am not really interested in what kind of sex other people are having, I only know what I am willing to put up with and what I am not.

Wow..... can you crosspost this to thebluepill? This was a level of whining I don't even see from my 3.5 year old.

Whiteliesmatter1 • 1 point • 12 March, 2019 04:19 PM

Setting reasonable realistic expectations for your relationships and having the balls to actually enforce those personal boundaries and the options to go through with that enforcement is not the same as a 3 YO whining. It is having a backbone and standards for yourself.

She needs to know that although there is no pressure from my side, really if she decides she isn't into it, I am ok with her leaving. But what I won't stand for is her remaining after the sexual spark is gone, because she doesn't want to venture out into the big world alone again. And thinking she could stop me from sleeping with others if she no longer has serious interest in it but wants to remain. I won't sit around hoping and wishing and pleading her to sleep with me, being semi satisfied with he drip feed maintenance sex she may be planning on providing. I have done everything reasonably within my power

to get my shit together and be the most attractive man I can be. If that still doesn't float her boat, then I am ok with us looking for others. She isn't mine, it was just my turn. Nothing whiny about that.

Remember, you can't cheat on someone who doesn't want to sleep with you. And you don't need to sneak around hiding what you are doing. Didn't we learn anything from NMMNG? "Don't do anything in secret". If you aren't satisfied, tell them, and be prepared to do something about it. But it has to be credible and that only works if you put in the work on your MAP for years and you are truly a high value man. You can do your MAP with a covert contract and then leave silently when it doesn't work or branch swing when someone else takes interest in you, or you can man up and just be upfront with your boundaries. But have your MAP reasonably solid when before you attempt what I did or it will backfire for sure. You need options because she probably will leave if you are low value and try that.

weakandsensitive • 2 points • 12 March, 2019 06:52 PM

.... do you realize that there are multiple ways of communicating? that not everything is a gantt chart? of course you don't - that's why you're a socially awkward retard.

Whiteliesmatter1 1 points 12 March, 2019 11:19 PM [recovered]

You're right, not everything is a Gantt chart. But keeping a diary sure helps you be immune from gaslighting.

And you are right, I am somewhat socially awkward. Not socially awkward enough to hinder my career in commodities broking, which pays a high 6 figure salary and relies almost exclusively on socializing. The job itself is easy. The network is hard to get. so I am lucky that way. Whatever personality quirks I have, I embrace all of it, because it got me where I am today. I used to hate when I was a kid because it because it made me different. Now I love it because it makes me different. If I wasn't different, I wouldn't have been able to build this career in this hyper competitive field, because so many people try, and very few make the cut. Because they aren't different.

weakandsensitive • 1 point • 12 March, 2019 11:24 PM

lol. good for you?

Whiteliesmatter1 • 1 point • 13 March, 2019 12:16 AM

Thanks dude, it means a lot!

BarracudaRP • 1 point • 12 March, 2019 10:51 AM

Called my wife out on it

She said, "that's pathetic" I knew she would say that

I said, well I knew you would try to gaslight me when this happened, but that doesn't work when I track it, and I considered that you would find it pathetic and I still decided to track it because I track most things I care about improving

Holy fucking shit Whiteliesmatter1, you're in a worse place than OP. At least he's getting laid on the regular (although I'd have to check his spreadsheet to be sure).

Confronting your wife with this data is next-level autism, and if she's not talking to you about it, she'll be talking to us about it after she buys the first round. I'm not even trying to be a dick, so here's the subtext: your actions are making your situation worse.

Whiteliesmatter1 • 1 point • 12 March, 2019 01:18 PM

Haha she knows I am borderline autistic, that is why WISNIFG spoke so well to me, and I was able to internalize it so well.

At this point, I had run the whole MAP. Put 40 pounds on my frame lifting over the past two years, sidebarred everything, the good things twice till I was blue in the face, spent more time on my hobbies motorcycling, climbing, hunting, backcountry skiing, taken trips with the boys, almost doubled my already 9.9 percenter salary and bought a house and worked my ass off to make it nice for myself and her. Passive dread is 100 percent there to the point that she told me explicitly she was terrified that I would have an affair with a specific young co-worker who shows interest at every work event she attends...

Guess what? Sex still tapered predictably the whole time. This was a divorce contemplating talk, and we both mentioned it. It was to the point where I was done being a dancing monkey. I knew I was close enough to the best man I can be, and if that wasn't sexy to her, I get it, no worries, I will find someone who thinks it is, and she can find someone she thinks is. Sometimes someone checks all the boxes but doesn't quite smell sexy to you. It happens to me too, I get it! Nothing you can do if the hard chemistry isn't there. No hard feelings. Maybe it isn't my turn anymore. If you are going to draw a line in the sand, and for me that line was I will not lead a sexually unsatisfied life, then at some point you have to spell it out. But you need to be totally ok with her saying no, and her knowing that means you either leaving or finding other sexual partners. At that point I was so I wasn't trying to seduce her. This was the "main event", so I wasn't really that worried about what she thought of it, or if she thought it was sexy or not. Maybe you are right, maybe that action made it worse, in fact, I was pretty sure it would. But the point I wanted her to understand is that I am not willing to live a sexually unsatisfied life, nor do I have to. I am not going to subject myself to monogamy if the current sex life remains the way it is.

justpickanyusername • 6 points • 11 March, 2019 07:27 PM

I use the above to see if I have my shit together, in her eyes.

Since you are familiar with Excel, setup Conditional Formatting for proper color coding. As soon as your metrics drop even a little bit into the orange area start doing more chores to brighten your wife's mood. Happy wife happy life am I right?

Suck-Less[S] • 2 points • 11 March, 2019 09:42 PM

Actually cleaning the house, and cooking is her job.

red-sfpplus • 4 points • 11 March, 2019 07:30 PM

I track progress via naked selfies in the mirror.

Dont forget to take one from behind. That is the important one.

Check out your wives phone. I bet she has some of my pics on there.

Maximus\_Valerius • 2 points • 12 March, 2019 12:54 AM

One risk associated with tracking outcomes that you have limited control over is that you may start to develop attachments to those outcomes. You also may start developing new covert contracts.

These attachments and covert contracts can result in suffering if the goal (over which you had little or no control over in the first place) is not achieved. This is the opposite of outcome independence (OI).

Suck-Less[S] • 1 point • 12 March, 2019 01:18 AM

This is exactly why I deleted it. Being gnuPGP encryption I knew she would never be able to see it, but it dawned on me that I run the risk of either making my sex life the definition of my happiness or making her pleasure my metric.

Reach180 • 3 points • 11 March, 2019 06:19 PM

The Cut the Shit sticky is doing more harm than good.

Suck-Less[S] • 0 points • 11 March, 2019 06:19 PM

Huh?

Reach180 • 4 points • 11 March, 2019 06:24 PM

Apparently I gave you too much credit.

Answer to your question: Don't track any of it.

[deleted] • 4 points • 11 March, 2019 06:39 PM

To keep track of how my wife sees me consciously and subconsciously

Why the fuck do you care how she sees you? Christ man, you've learned nothing from TRP.

johneyapocalypse • 7 points • 11 March, 2019 06:40 PM

Don't be silly, he learned to track his wife using Excel.

Suck-Less[S] • -1 points • 11 March, 2019 06:51 PM

I'm always learning. Two things: 1. being someone that is in charge of his life, or what the internet seems to call an "alpha" isn't the same as asshole, learn the difference. You are responding like a 12 year old. 2. How my wife views me matters to me almost as much as how I see myself. You can like that or not.

[deleted] • 4 points • 11 March, 2019 07:03 PM

Seriously, WHY do you care?

For me, I can answer that question - it's about validation seeking behavior. I've been working to break this pattern of behavior and discuss it almost weekly in OYS.

Tracking data on a spreadsheet just seems to reinforce you being in her frame.

How my wife views me matters to me almost as much as how I see myself.

I care for my wife too, but I'm done with anyone else (including her) dictating my view of the world and how I judge my own actions. I fuck up a lot, but it's fucking up when I deem it's fucking up, not anyone else.

MrChad\_Thundercock • 10 points • 11 March, 2019 07:01 PM\*

"How my wife views me matters to me almost as much as how I see myself"

Blue pill Faggot. That's why you were in a DB for 10 years.

[deleted] • 1 point • 12 March, 2019 04:23 PM\*

Correct.... you're approval and validation seeking u/Suck-Less. Women HATE this! Validation and

approval seeking are feminine behaviors, not masculine behaviors.

Suck-Less[S] • -5 points • 11 March, 2019 07:04 PM

They really need age restrictions on the internet

red88lobster • 5 points • 11 March, 2019 07:31 PM

Don't call people childish for calling you out on your shit. You are tracking your wife in a childish way. People here call out bullshit when they see it and you smell pretty bad.

Take the advice they are shoveling at you and swallow.

I used to track my wife in a similar way as you describe. I thought if I could tweak this or that than she'd have sex more . It's the wrong direction to be thinking.

egc6 • 3 points • 11 March, 2019 07:17 PM

Keeping track of how many times MRP offends you?

Take a beat and read your own user name.

hack3ge • 2 points • 11 March, 2019 07:13 PM

Nope he's pretty much got you pegged - just like your wife does on Saturday nights.

Do you track that?

becoming\_alpha • 1 point • 11 March, 2019 10:42 PM

I track workouts, weights, reps, calories, macros, weight, BF%, and finances. Those are all for me to determine how I'm progressing toward my goals. The only thing I track from my wife is the start of shark week because I know I'll have an emotional storm brewing in 2-3 days. This isn't necessary and a storm could come any time, but it's a pattern I've noticed.

I use the above to see if I have my shit together, in her eyes.

Stop that. Figure out if you have your shit together yourself by looking in the mirror, not at her. This is basic level stuff. You're looking to her for your validation. Go read NMMNG (hopefully again).

Suck-Less[S] • 1 point • 11 March, 2019 10:49 PM

Haven't read it yet. Still new here. I'll add it to the list, thanks.

becoming\_alpha • 1 point • 12 March, 2019 03:03 PM

Dude, that's the first thing on the reading list for a reason. Don't put it on your list, buy it and start reading it right now. You seriously need to work on the basics.

Also, because you're new, read Steel's excellent MRP guide.

alpha-zach • 1 point • 11 March, 2019 10:48 PM

Interesting approach. I don't track anything but menstrual cycle. But for the love of all things good and holy, never let her find this spreadsheet. Instantly you'll go back to a dead bedroom, and likely never recover.

Suck-Less[S] • 1 point • 11 March, 2019 10:52 PM

Already trashed... it's a downside of working with data analytics.

alpha-zach • 1 point • 11 March, 2019 10:53 PM

Lol. I wouldn't trash it. Work with your strengths. But def be careful.

Suck-Less[S] • 1 point • 11 March, 2019 11:13 PM

Much of it I can handle separate: workouts stats, bf %, did I feel out of frame. Career is a non-issue. The rest I'll stick with "am I getting what I need out of it" kind of data. Work in progress...

BlindingTwilight 1 points 12 March, 2019 12:04 AM **[recovered]**

After carefully analysing the data I can confidently state that you need a divorce. No fixing this, it is a train wreck. Dead bedroom for a decade says it all. I am not being nasty to you I am just pointing out the obvious. You are only 51, a year or two of proper exercise, taking care of your body, cleaning up your mind, discovering new passions and skill and you will be a new human being. Get awesome then either ditch the wife or bang younger women. If she is not providing food at home it is time to eat out. Oh and no more spreadsheets unless it is to track your personal development.

Suck-Less[S] • 1 point • 12 March, 2019 01:50 AM

The main issue is that I went from a six pack in my twenties and early thirties to obese by 47. Decades in a brokerage firm can do that. Since 47, I've dropped 80lbs and now I'm working on getting closer to the Adonis Ratio. Setting boundaries is not really an issue with me, but I have been looking for areas where I'm slipping.

Considering my wife has no issue supporting me, taking care of the house, and cooking, I'm good in that space. As far as skills and hobbies go, I pick three new ones a year to learn and keep what I like. Career/status not an issue, I was part of a 4 man team building an equity trading floor back when I was 26-28 and have moved up the ladder from there. So it really did come down to letting myself go go physical shit. Still, I'm always looking for areas to improve.

weakandsensitive • 1 point • 12 March, 2019 07:45 AM

Let me guess - mid/senior-level technical person with no exposure to people because you'd fuck your business? You're the kind of guy who thinks 150k/year is good money?

For all that data, do you know what you still don't have? Charm and charisma. You completely lack it. The fragility in your ego, the need to FEEL right, the inability to parse critical content... it's all really sad for a 51 year old tbh.

screechhater • 1 point • 12 March, 2019 12:28 AM

Wife made the comment the other day of me needing foreplay to come sooner, after our years of interactions of me keeping hard for hours.

"Who'd a thought a man would need that..." was my AM answer.

It illicited a smoking fuckfest of multiple orgasms, buckets of come and me screaming I was gonna fuck her in the ass the next time as I blew my load.

I don't track shit. We don't need toys and I fucking lift like it means something

nuclearshart • 1 point • 12 March, 2019 12:02 PM

You must be a sperg yeah?

[deleted] • 1 point • 13 March, 2019 06:01 AM

I currently track 32 high dividend yielding stocks with relatively quick and consistent recovery times, and their average stock value, while standing by for buying and selling opportunities.